



# The Senior Sentinel

884-4100 885-5381 863-6112 587-8653 654-9003 798-0231



The Office for the Aging will be closed Monday, October 10<sup>th</sup> in observance of Columbus Day.

## Home Energy Assistance Program

The Home Energy Assistance Program (HEAP) is a federally funded program that *assists* low income households with the cost of heating their homes during the winter months. ***The 2016 - 2017 Regular HEAP program begins November 14, 2016. Emergency HEAP will open on January 3, 2017.*** The scheduled closing for emergency HEAP is March 15, 2017. The Saratoga County Office for the Aging will be accepting walk in applications for persons 60 years of age and older as well as those under 60 and disabled ***beginning November 14, 2016.*** Households that received a HEAP benefit last year will automatically be mailed an application for this year's program. If you would like to receive an application you may call the HEAP desk at 884-4111. Applications will be mailed out when the program opens. ***The office will not have applications until November 14, 2016.*** If ***any member*** of your household is on SNAP (formally known as food stamps), please contact your SNAP case worker at 884-4155. The HEAP program provides a ***once a year benefit*** which is credited directly to your heating account. Regular benefit amounts are based upon the house holds monthly income and commodity used to heat your home. This years guidelines are as follows:

Household Size	Maximum Monthly Income
1	\$2,300
2	\$3,007
3	\$3,715
4	\$4,423

Have you done your Yearly Medicare Plan Review? Each fall you should review your current health and prescription drug coverage. Review any notices from your current plan about changes for next year. **Medicare Open Enrollment is October 15, 2016 through December 7, 2016.** There's never been a better time to check out Medicare coverage. There are new benefits available including lower prescription costs, wellness visits and preventive care.

### Ways to get the help you need

1. Visit [www.medicare.gov/find-a-plan](http://www.medicare.gov/find-a-plan) to use the Medicare Plan Finder.
2. Look at your most recent "Medicare & You" handbook to see a listing of plans in your area.
3. Call 1-800-MEDICARE(1-800-633-4227) and say "Agent". Help is available 24 hours a day including weekends.
4. The Saratoga County Office for the Aging offers personalized health insurance counseling. **Appointments are required.** If you need an appointment call 884-4100.

### Notice of Public Hearing

**TAKE NOTICE** that the Saratoga County Office for the Aging will hold a Public Hearing in the month of October. **Please call the Office for the Aging @ 884-4100 for location, date, and time.**

**TAKE FURTHER NOTICE** that the purpose of the hearing shall be to obtain input, suggestions and comments relative to programs for the aging for the year 2017, under Title III of the Older Americans Act of 1965, as amended, and the New York Community Services Act for the Saratoga County planning and service area.

**TAKE FURTHER NOTICE THAT** A Plan Abstract may be examined at the Saratoga County Office for the Aging, 152 West High Street, Ballston Spa, NY during normal business hours.



Over 600 seniors came out on September 8<sup>th</sup> to celebrate the end of summer at the annual Senior Picnic. The picnic is sponsored by the Office for the Aging and held at the Saratoga County Fairgrounds in Ballston Spa. This years entertainment was provided by DJ Mark Hersh Productions. Everyone was singing and dancing along to a variety of music after a delicious BBQ chicken lunch. Three cash prizes of \$250 each went to the following lucky winners:

Carmen Martinez	Mechanicville
Rose Zacek	Saratoga Springs
Ron Owen	Greenfield

Saratoga County Public Health and the Office for the Aging Health Screening Schedule for **November 2016.**

Waterford Senior Center

10:30 am - 11:30 am

November 15

From Our Dietitian:

## Eating to Age Well

Keeping a sharp mind and able body as we age does take some effort, however, the benefits can be well worth it. Consider embarking on the dietary strategies discussed here to assist you with aging well.

**-Feed your bones to maintain mobility-**Bones require more than just calcium to keep them strong and able. Other nutrients needed for bones include Vitamin D3, K2, magnesium, DHA and strontium. A 2012 study showed taking a supplement with these nutrients and getting calcium from food alone was able to raise bone mineral density in adults with declining bone mass in the hip and spine just as effectively as some osteoporosis medications. Discuss using a well rounded bone health supplement with your health care provider and get calcium in foods such as dairy products, kale and canned seafood with edible bones.

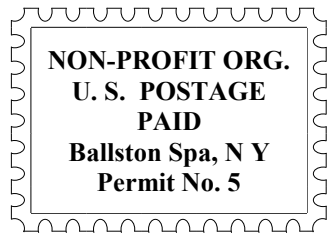
**-Consume DHA and EPA omega-3s-**These fish oils support brain function, heart health and memory during aging. If that were not enough, a 2015 study found that when relatively healthy older adults were given omega 3 fish oil supplements for 6 months muscle strength also improved by 6 percent over a 6 month period. Eat omega 3 rich fish, such as wild caught salmon, sardines, and herring at least twice a week. Consult with your health care provider before taking fish oil supplements as they can interfere with other medications and cause blood thinning.

**-Build a healthy microbiome-**With aging the bacteria and microbes that reside in your gut tend to decrease in diversity and shift toward more harmful organisms. This in turn can weaken the immune system and raise the risk of conditions such as type 2 diabetes, obesity and constipation. In addition to supporting your microbiome with probiotics from supplements, yogurt, and kefir, eat a wide array of fruits and vegetables to nourish good bacteria that live in your GI tract.

**-Optimize protein intake-**Loss of muscle mass with aging can cause loss of strength and mobility. In a recent 2015 study, scientists recommended spreading protein intake out evenly throughout the day (20-30 grams of protein per meal) to help lower muscle loss. This diet approach is thought to increase the body's synthesis of muscle protein especially when you include regular exercise. As breakfast tends to be the meal lowest in protein, increase your protein intake at this meal by trying foods such as low fat cottage cheese, Greek yogurt, milk based smoothies eggs and tofu. Consult with your health care provider before significantly increasing your protein intake as it can interfere with certain medical conditions i.e., kidney disease.

**-Skip sugary sodas-**Sugary sodas cause inflammation and damage that can in turn shorten the protective caps on the ends of DNA (telomeres). The shorter our telomeres the faster we age and the greater the risk for conditions such as type 2 diabetes, heart disease and some cancers. A 2014 study showed that by drinking 20 oz. of sugary soda per day sped up biological aging by 4.6 years. Best advice: Learn to love water.

**Return Service Requested**



---

*Saratoga County Office for the Aging is funded by Title III of the Older Americans Act,  
New York State Office for the Aging, the County of Saratoga and local Municipalities*

### **Protect yourself. Get the vaccines you need.**

Whether you call them vaccines, vaccinations or immunizations, here are five important facts you should know about them:

1. They protect against serious diseases.
2. They are very safe.
3. They are necessary throughout your life.
4. Talking to your doctor about your vaccination needs can protect you and your family.
5. Recommendations for vaccines vary depending on a person's age and medical condition.

#### **Talk to your doctor about these five vaccines:**

- Influenza (Flu)
- Pneumococcal (Pneumonia)
- Hepatitis B
- Herpes-Zoster (Shingles)
- Pertussis (Whooping cough)



#### **Vaccine basics**

When germs, such as bacteria or viruses, invade the body, they attack and multiply. This invasion, called an infection, is what causes illness. The immune system then has to fight the infection. Once it fights off the infection, the body now has a supply of cells that help recognize and fight that disease in the future.

Vaccines help develop immunity by imitating an infection, but this "imitation" infection does not cause illness. It does, however, cause the immune system to develop the same response as it would to a real infection, so the body can recognize and fight the vaccine-preventable disease in the future.

Most health insurance plans cover the cost of vaccines, but you may want to check with your insurance provider before going to your doctor or pharmacist to be vaccinated.